

PATENT ABSTRACTS OF JAPAN

(11)Publication number : 2001-046005

(43)Date of publication of application : 20.02.2001

(51)Int.Cl.

A23L 1/212
A23F 3/14
A23F 5/36
A23L 1/20
A23L 1/0528
A23L 1/22
A23L 1/31
A23L 1/325
F22G 1/16
F22G 3/00

(21)Application number : 11-218535

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(22)Date of filing : 02.08.1999

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(54) METHOD FOR PROCESSING FOOD

(57)Abstract:

PROBLEM TO BE SOLVED: To obtain a method for processing a food, by which one or more of a color tone-improving characteristic, a taste flavor-improving characteristic, a drip-reducing and yield-improving characteristic and a surface-improving characteristic can be expressed, by applying super-heated steam to a specific food group under specified conditions.

SOLUTION: This method for processing a food comprises applying 200 to 250°C super-heated steam to a green vegetable for 10 to 120 sec in a state not mixed with air under the atmospheric pressure, thus obtaining the green vegetable having the improved color tone. The method for processing a food also comprises applying 300 to 400°C super-heated steam to a red meat or red marine product for 1 to 10 min in a state not mixed with air under the atmospheric pressure, thus obtaining the red meat or red marine product having the improved color tone. The method for processing a food further comprises applying 200 to 400°C super-heated steam to a processed meat or processed marine product for 1 to 10 min in a state not mixed with air under the atmospheric pressure, thus obtaining the processed meat or processed marine product having the improved taste flavor.

LEGAL STATUS

[Date of request for examination]

[Date of sending the examiner's decision of rejection]

[Kind of final disposal of application other than the examiner's decision of rejection or application converted registration]

[Date of final disposal for application]

[Patent number]

[Date of registration]

[Number of appeal against examiner's decision of rejection]

[Date of requesting appeal against examiner's decision of rejection]

[Date of extinction of right]